



# CERTIFIED LAUGHTER YOGA LEADER TRAINING FEBRUARY 2021



This on-line training consists of 12-hours divided into six 2-hour sessions during which you will gain this qualification led by a qualified Laughter Yoga Teacher based on the tradition of Dr Madan Kataria, founder of the Laughter Yoga Movement. This is an internationally recognised qualification:

## Dates:

**Mondays 8, 15 + 22 and  
Wednesdays 10, 17 + 24  
February 2021**

## Times:

**6.30 pm to 8.30 pm**

## Venue:

**Online via Zoom**

**Cost: £225.00 per person -  
payment required at time of  
booking (£175.00 early bird  
fee if booked by Monday, 1  
February 2021)**

For more information and a booking form, contact:  
'Merrie Maggie' Thompson on  
07565 218567 or email:

[maggie@merriemaggie.co.uk](mailto:maggie@merriemaggie.co.uk)

See website:

[www.merriemaggie.co.uk](http://www.merriemaggie.co.uk)

## LAUGHTER ENRICHES YOUR BODY AND SOUL

Laughter Yoga helps you feel an overwhelming sense of exhilaration, peace, calm and goodwill towards everyone around you. Maybe you will feel as I did, that it will make you want to know more about this activity for your own personal development or you may want to share the experience and become a Laughter Yoga Leader yourself. I offer you the opportunity to train to become a Certified Laughter Yoga Leader.

### What you will get:

- 65-page Laughter Yoga Leader Manual
- Six months Prozone access to [www.laughteryoga.org](http://www.laughteryoga.org) (full profile and listing available for paid membership)
- Continued support after your training to ensure you reach your laughter goals.
- Opportunity to become Accredited through the Federation of Holistic Therapists (FHT) and UnitedMind Ltd

### During the training you will:

- Gain an understanding of the need for Laughter Yoga
- Learn how the idea and concept of Laughter Yoga originated
- Learn the basic guidelines for a Laughter Yoga session
- Gain knowledge of the benefits of Laughter Yoga as well as the risks
- Learn how to present Laughter Yoga
- Practice a minimum of 40 Laughter exercises
- Receive guidance about how to start a Laughter Club
- Receive guidance how to start your own Laughter business
- Complete a written and practical assessment in order to achieve the qualification (**Practical 'in-person' once COVID restrictions have been lifted**)
- ..... And much more

Bring with you a willingness to laugh for no reason, child-like playfulness, an open mind and a big, warm heart.